

Cubicle Yoga

Before
You
Begin



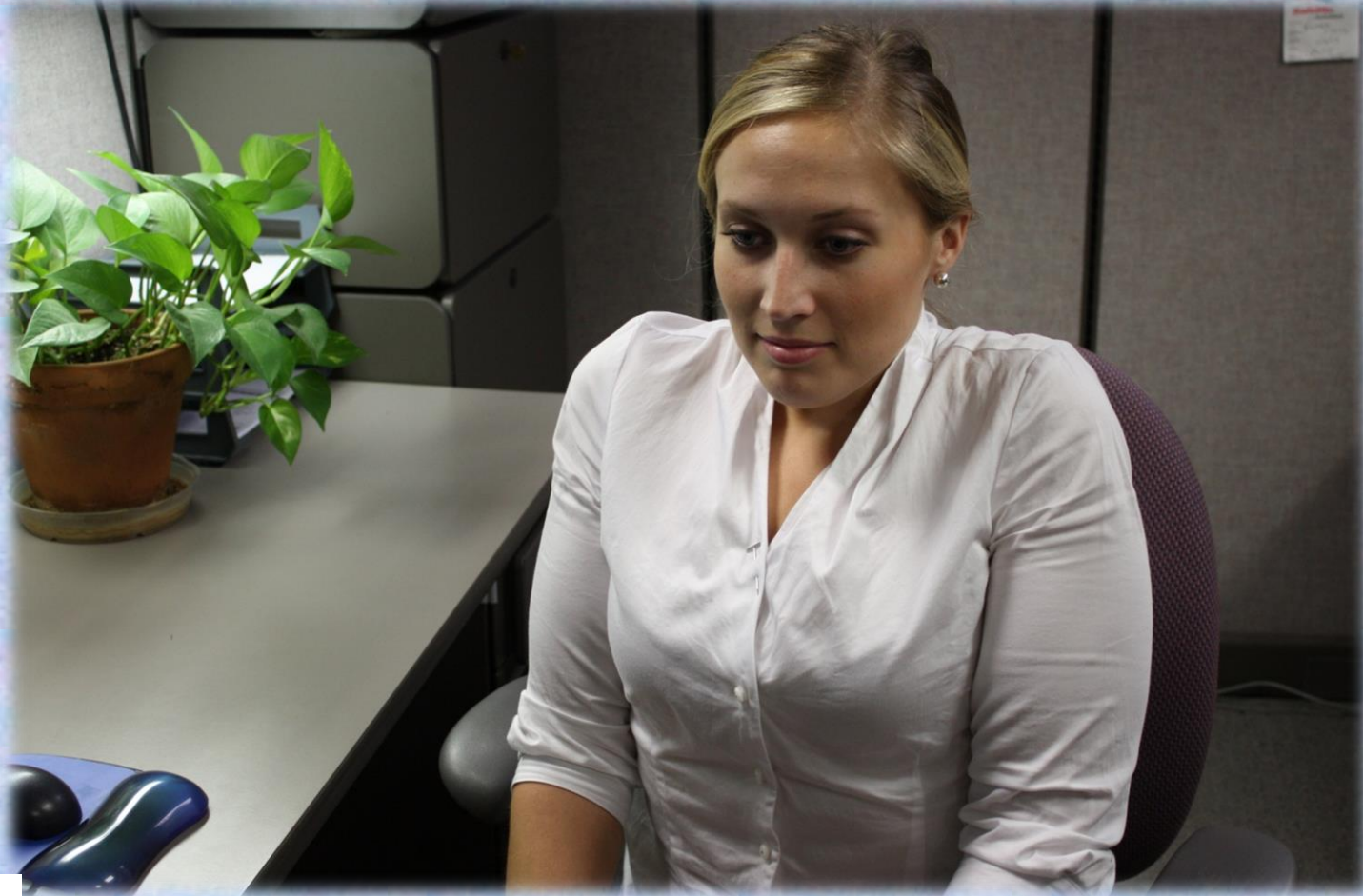
Mountain Pose



Side Stretch



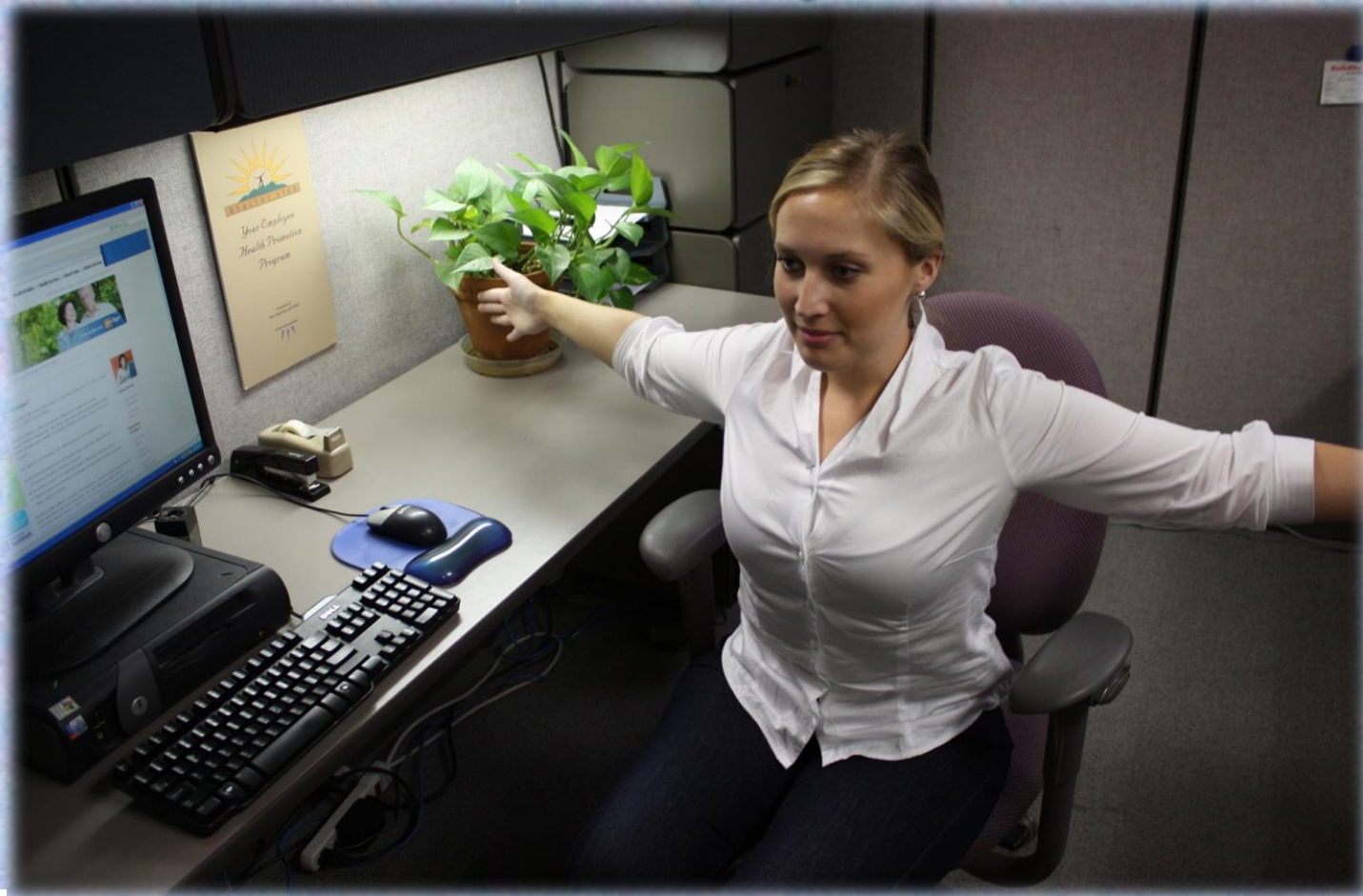
Shoulder Shrugs



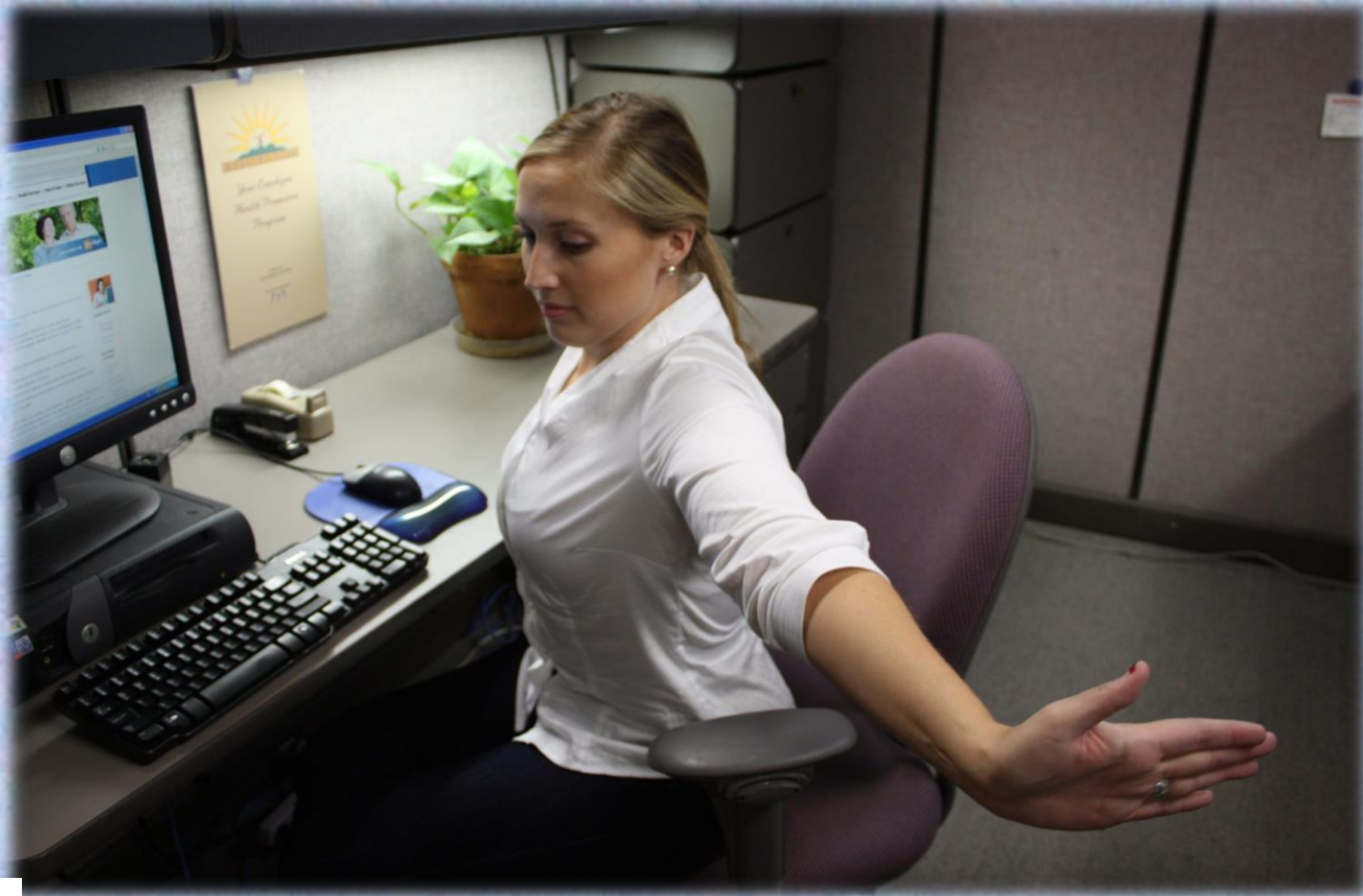
Shoulder Rolls



Chest Opener



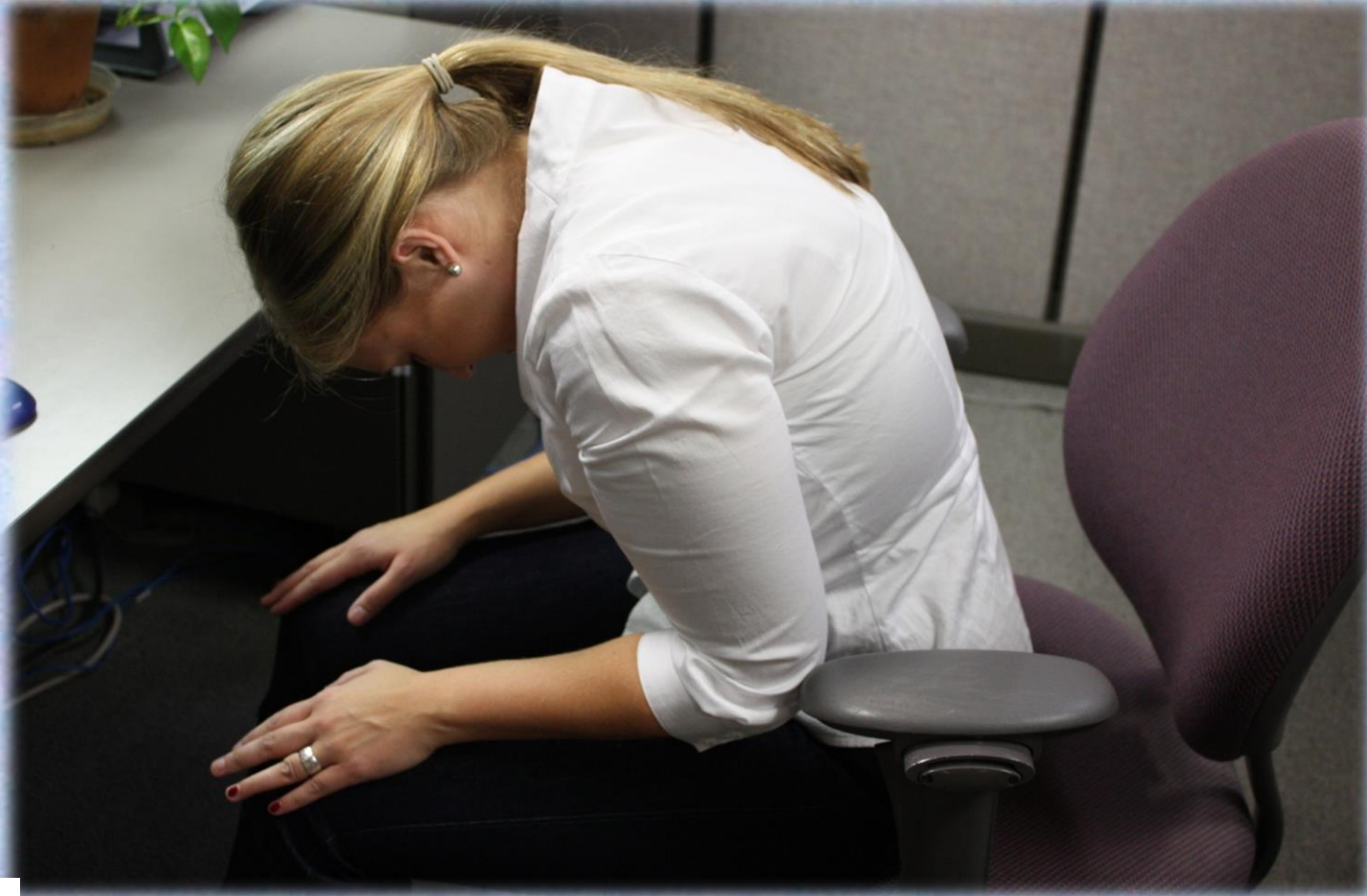
Chest Opener 2



Cobra



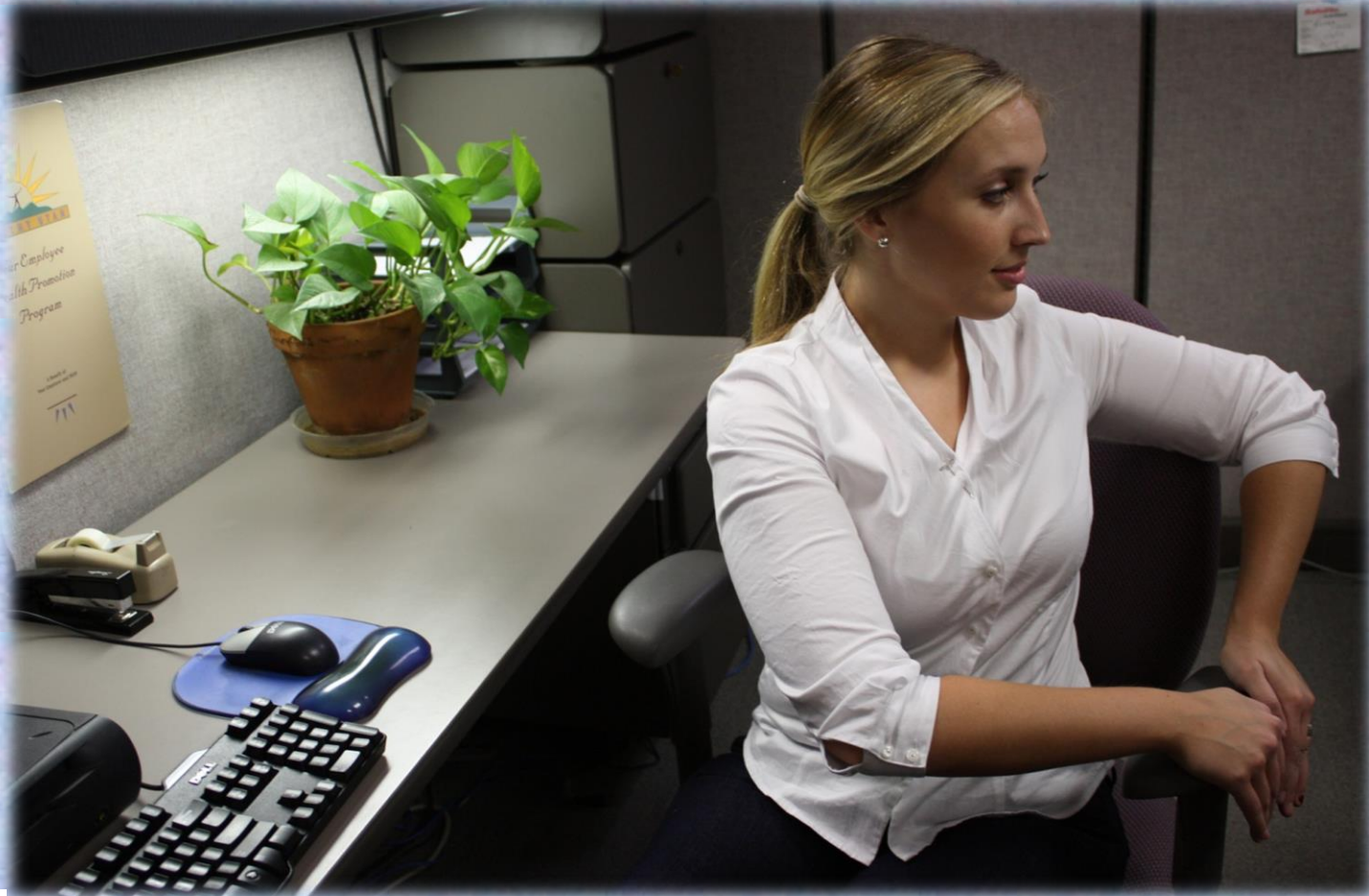
Cat



Forward Fold



Spinal Twist



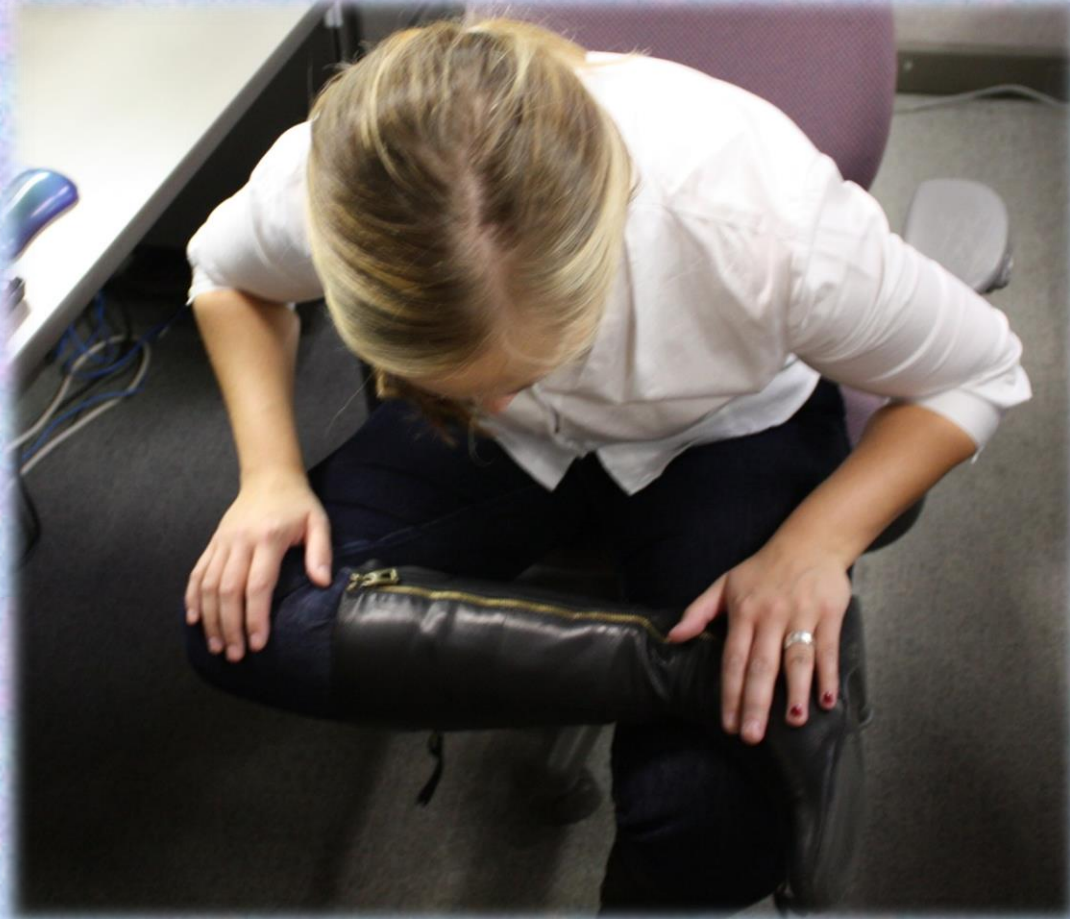
Ankle Rolls



Knee to Chest



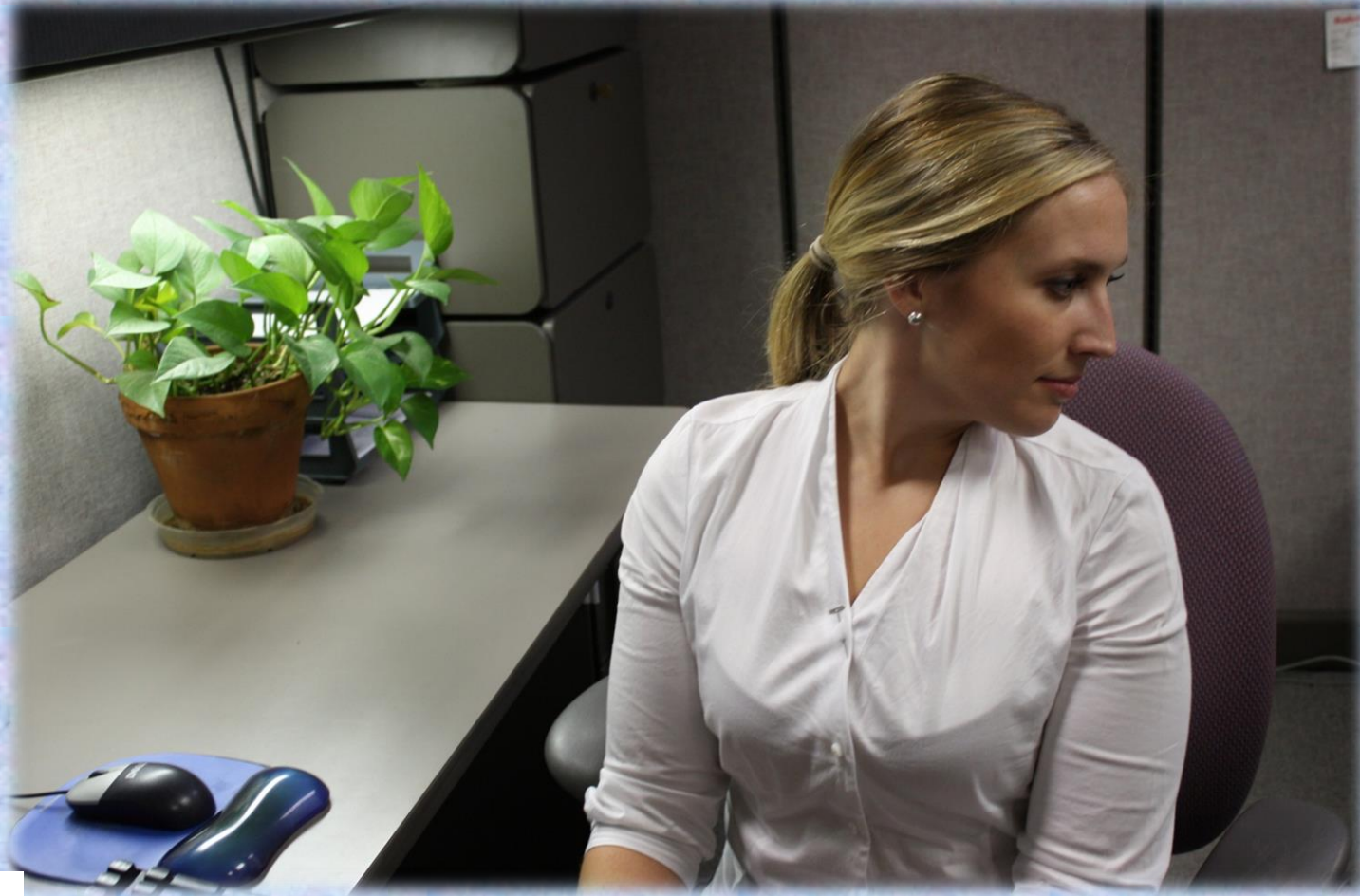
Modified Pigeon



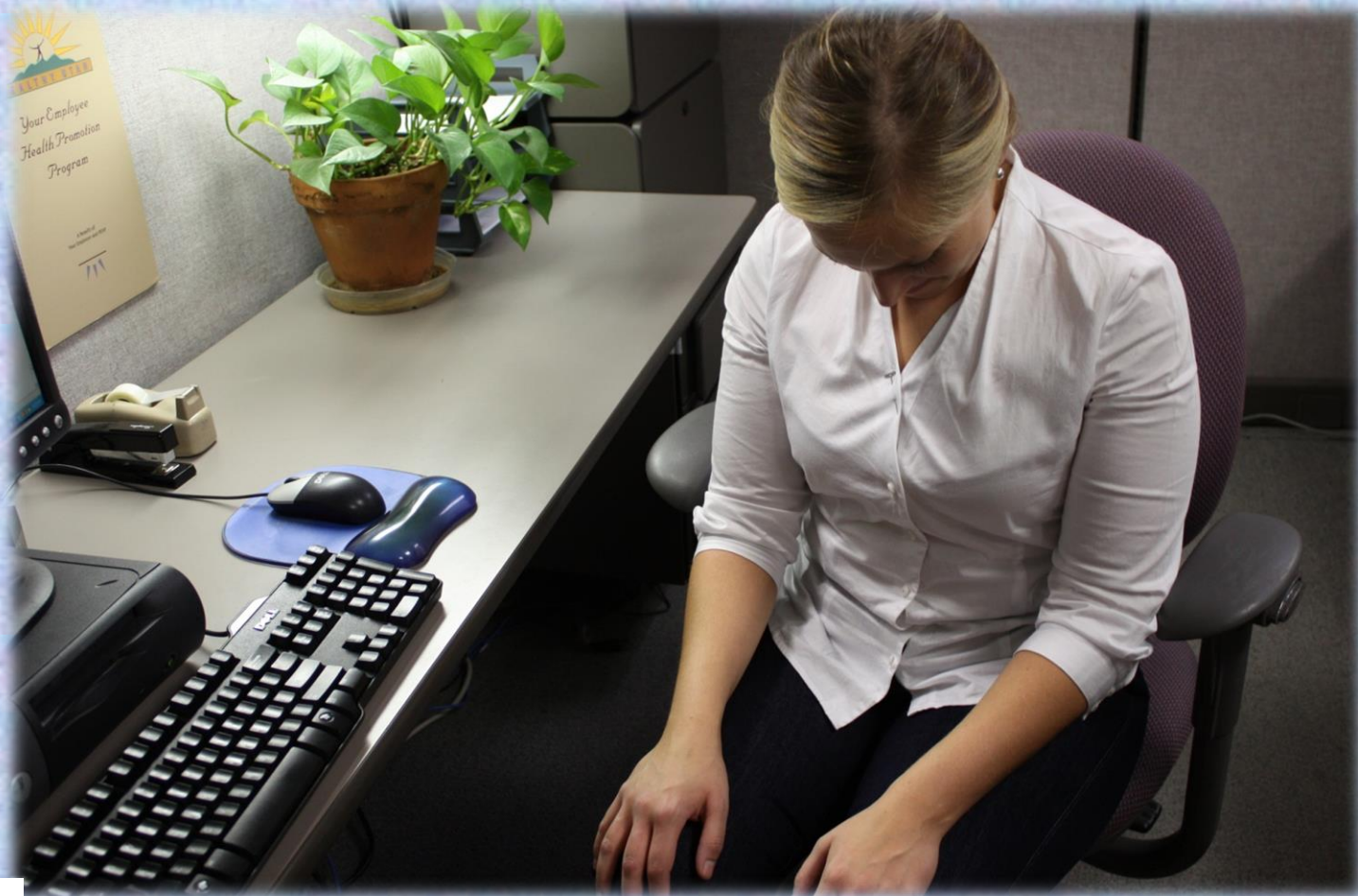
Neck Release



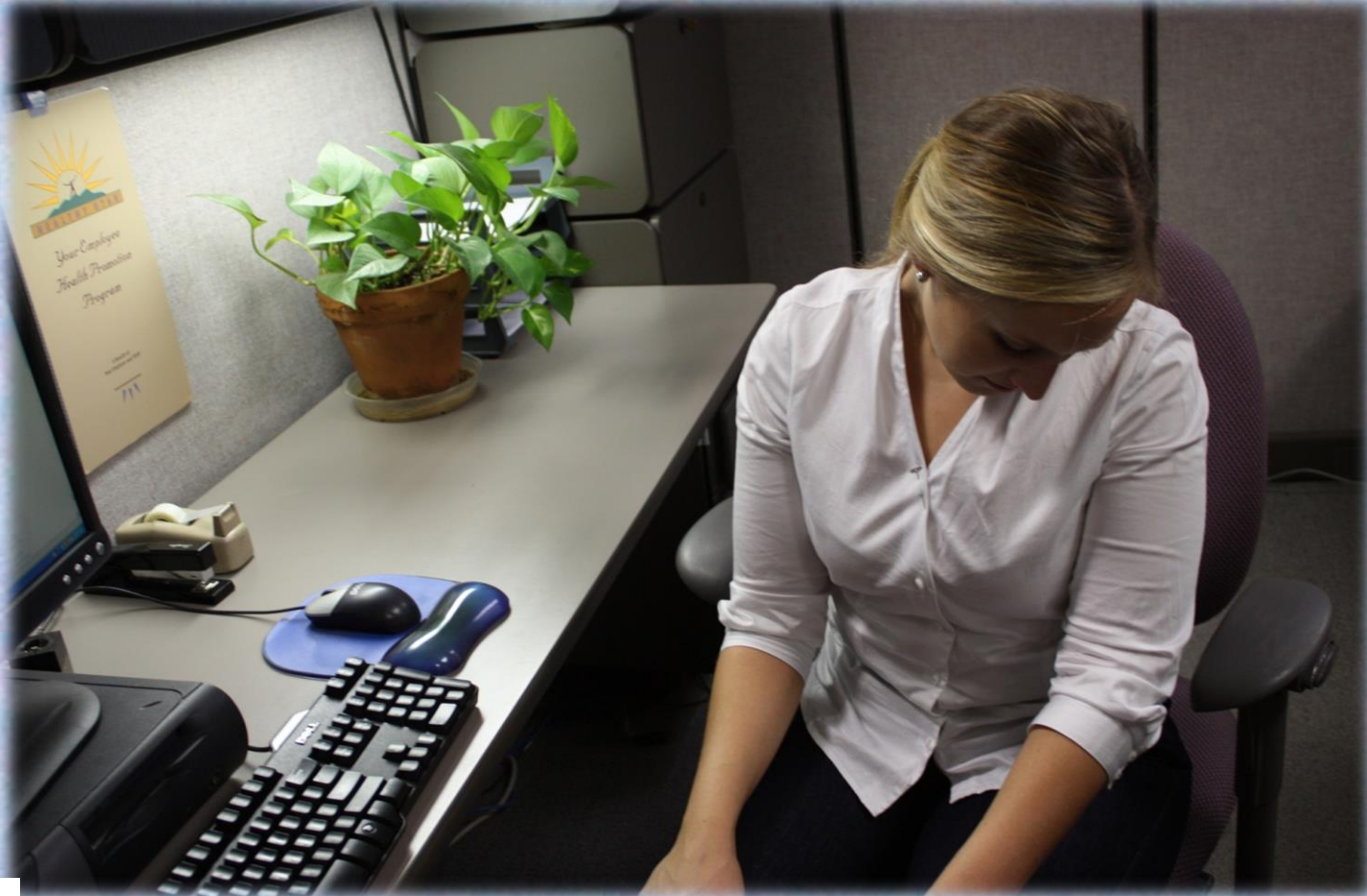
Neck Release 2



Neck Release 3



Neck Rolls



Forearm Stretch



Wrist Rolls



Hand Massage



Ear Massage



Ear Massage



Palming



Crocodile Pose



Tips

- Do what you can do
- Take deep, full breaths
- Balance your movements
- Hold each pose

Tips

- Practice regularly
- Listen to your body
- Enjoy!

Namaste

